



Power In The Pink

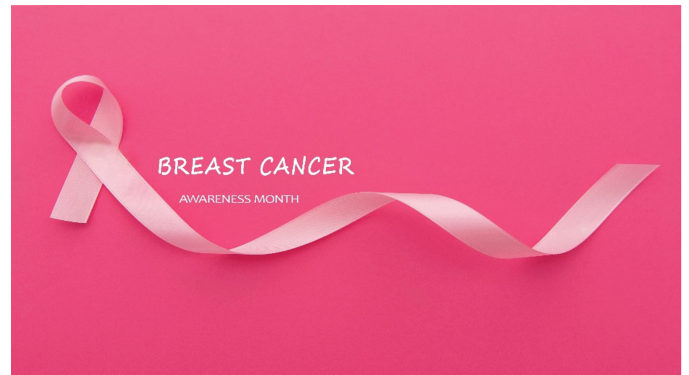
June Harris, Central Region Vice President,
Local 306 President, Women's Committee Chairperson

Hey Brother and Sisters, it's time to shine in the awesome color of PINK! This is the prominent color used to signify Breast Cancer Awareness Month in October. This issue hits home for me, being in a family that has endured the fight with Cancer. I've learned the significance of consistent medical testing and personal awareness of changes in your body. Because I am considered as "high risk", I have annual mammograms and breast MRIs. I am claustrophobic, and MRIs are a challenge for me. But I do it. Knowing and following through is key to winning this fight.

I WANT TO SHARE SOME STATISTICS WITH YOU FROM BREASTCANCER.ORG.

- Breast cancer is the most common cancer diagnosed among women in the U.S. Each year, about 32% of all newly diagnosed cancers in women are breast cancer.
- In 2025, approximately 316,950 women will be diagnosed with invasive breast cancer, with 59,080 new cases of ductal carcinoma in situ (DCIS), which is non-invasive.
- About 16% of women with breast cancer are younger than 50 years of age.
- About 66% of breast cancer cases are diagnosed at a localized stage — before cancer has spread outside of the breast — when treatments tend to work better.
- There are currently more than four million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
- About 42,170 women will die from breast cancer in 2025.
- Less than 1% of all breast cancers occur in men.

This is not to scare you, but to make you aware of the importance of early detection and self-care. Know your family history regarding health issues. Ask questions of your physicians and see what you can do to avoid this disease. Education is vital. All ages, genders, races, and ethnic groups are susceptible to breast cancer. The numbers speak for themselves. Be encouraged by the fact that the number of



people dying from breast cancer has decreased throughout the years. But you must be an active participant in your health care.

TAKE THE QUIZ: BREAST CANCER

When it comes to your breast health, don't be fooled by rumors and misinformation. Get the facts. Test your knowledge of 6 common beliefs about breast cancer by taking the Breast Cancer Quiz from the American Cancer Society at www.cancer.org/cancer/types/breast-cancer/breast-cancer-quiz.html.

- | | |
|---|--------|
| 1. You can get breast cancer even if it doesn't run in your family. | T or F |
| 2. If breast cancer runs in your family, you're sure to get it. | T or F |
| 3. You still need mammograms after menopause. | T or F |
| 4. Men can get breast cancer. | T or F |
| 5. Surgery and needle biopsies can cause breast cancer to spread. | T or F |
| 6. There's nothing you can do to lower your breast cancer risk. | T or F |

Show your support during the month of October for Breast Cancer Awareness by sporting the color **PINK**. My Brothers and Sisters look awesome in **PINK**.